



Chichester

HERALD

Friday 30 August 2013

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FAMILY CENTRE

Page 16

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COMPETITION

Page 22

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of summer!

HEALTH & BEAUTY

Page 28

Tigger's drug search

>> The first drug operation of its type in Chichester

James Earl
REPORTER
NEWSPAPERSTANDARD.CO.UK

CHICHESTER CITY has seen the first drug operation of its type today as the area tackled its toughest problems.

Chichester Business Against Crime (CBAC) carried out a multi-agency drug dog search - baptised as 'Operation Tigger' for the first time ever covering Chichester town station and the City centre parts on Friday the 2 August.

CBAC requested 15 dogs deployed to provide the drug dogs (beside to handling from the Business Improvement District (BID) and additional partners lay to carrying out the operation which included British Transport Police, Southdown Rail, Revenue Protection, Sussex Police and Chichester District Council (CDC).

Paul Long, City Centre Manager, said: "We have a lovely city that attracts people far and wide, especially when we have seasonal events such as Chichester Goodwood. It's really important that we continue to ensure Chichester offers a pleasant and safe environment for people to work, visit and spend money on our shops and cafes, and that kind of operation shows that we take the safety of our city seriously."

Chichester station dogs and livestock were covered with a power dog to prevent approximately 2000 people travelling through the station over the time of the operation, with dog handlers by the dog, resulting in searches at the train station.

The second part of the operation involved taking the power dog through the parts of...

Continued on page 3



John Cunningham/Chichester News-Standard

MORE HEADLINES >>

POLYESTER JERSEY TANKTOP 2013
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ARTISTS Page 10

EDDY TOWNARD'S SUCCESS
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Local News

Portfield Pupils Transform their School for Chichester in Bloom Competition

STUDENTS at Portfield Primary Academy in Chichester have been transforming their school grounds as part of the annual Chichester in Bloom competition. Back in July a panel of judges, including the Mayor of Chichester, visited the school to view the children's floral efforts.

The school has received praise within its grounds which lend themselves to horticultural activities and students and volunteers belonging to the Portfield Primary Academy Gardening Club have transformed the look of the school by planting an array of beautiful plants, shrubs and trees.

Gardening is led by teacher Miss Nicola Trow and has more than 20 members, including parent helpers, who meet after school on a Monday to weed, plant, sow and dig. Staff and parents also supported the school's ongoing efforts by making their beds and hedges in a Community Grounds Plant Day, when the school opened its doors on a Saturday for a day of weeding and planting.

The transformation of the school's grounds has helped to enrich the students' learning and education. The use of the school grounds to home to increased better for Ray Sharp. Dear flowers to enhance plants and flowers of their choice, while the Reception class also has a raised bed situated in their

outdoor area, in which they can dig, explore and plant as they wish.

Miss Trow said: "Every child in the school has had a hand in the development of the school's grounds and they are rightly proud of all they have achieved. Alongside the Gardening Club, our site manager, Mark Ball, deserves to be credited for all his work on the grounds. He made the decision in the summer, just before getting, made all the raised beds in both the courtyard and on the front grounds and helps with Gardening Club with steady after school. We have several parent helpers and, leading up to the competition, they put in countless hours to support us with the final preparations.

"The judges were very positive about how much work we have done to the grounds over the course of the year. Working towards the competition has greatly enthused the pupils, and it has encouraged them to learn more about plants, nature and wildlife.

Next year, Gardening Club plans to transform an area at the school into a wild flower meadow area or meadow, and also hopes to grow fruit and vegetables in the school grounds.

Portfield Primary Academy will receive the results of the Chichester in Bloom competition on September 24, with a Mayor's reception due to be held on October 1.



Portfield Primary Academy pupils and staff posing in front of the school grounds during the Chichester in Bloom competition. Photo: Chichester Advertiser. Photo: Chichester Advertiser.

Continued from page 8

Chichester, including the top of Prince's Garden, Cathedral Green and Priory Park, which resulted in no convictions from the day of the protest of drugs.

Some individuals were treated to a hot shower, performed on the Cathedral Green, where Chichester manager Tony Colquhoun led an action of drug-consciousness. The impressive well-trained dog clearly found the clothing and "detected" as much by sniffing, perfectly still and staring intently at Tony, much to the amusement of the group of people watching.

Tony Colquhoun, manager of Chichester, comments: "The visual aspect of the drug dog activity working through the crowds with high mobility police, in support was effective and we believe you off a strong



Drug-detecting dog sniffing the ground in a park area.

Drug prevention measures for Chichester. On this occasion, no drugs were found, but the operation went well, was positively received by everyone, the team came into contact with and was considered a success.

Chichester was busy during the day and several hundred people are likely to have seen the drug dog in operation. In addition, the high visibility police support was noticeable and showing the public to the nature of the operation, which was a very positive anti-drug message for Chichester.

Anorak Corner
Did you know? A taste of Chichester facts and figures...
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£105,000 in 1967 today that entire building has been
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Woman assaulted in Selsey

POLICE are appealing for two witnesses to come forward after they were told of a woman who was attacked in Selsey.

The incident happened at about 7.30pm on Monday 15 August at Beach Road at the 40-year old victim, who lives in Selsey, walked along with her two young children. She was approached by the man who attempted to grab her.

A police spokesperson said: "Fortunately the victim was unharmed but this was a very frightening experience both for her and her young children who

witnessed the incident.

"We're looking for two anyone who saw what happened, and would particularly like to speak to two motorists who stopped at the time to help the victim.

"The offender is described as white, aged about 40, with shoulder length hair and an English accent.

"Anyone with information is asked to call police on 100, quoting serial: 0879 of 19/office email contact: enquiries@chichester.gov.uk, please do not. Alternatively, call the independent charity CrimeStoppers on 0800 555 111 or 01243 776060.

Motorcyclist killed in Climping collision

A MOTORCYCLIST was killed yesterday when his Honda bike was in collision with a red Vauxhall Corsa in Climping on Sunday afternoon (August 14).

The collision happened a few minutes before 5pm in Great Lane Lane, at the junction with Napton Road. Ambulance paramedics were joined by an air ambulance team, but were unable to save the 40-year-old man from Napton Road who died at the scene.

The road was closed for just over five hours while police, recovery and investigators work took place.

The driver of the Corsa, a 33-year-old woman from Epsom Road, was arrested on suspicion of causing death by careless driving. She was later bailed and Crispin

Alcock who witnessed the collision is asked to call Chichester Police on 100 quoting CP 14/14 or e-mail enquiries@chichester.gov.uk, please do not.

Cyclist assaulted in alleyway

POLICE are appealing for witnesses to an assault on a man in an alleyway between a house and a garage in London Road, Bognor Regis on the evening of Monday, 14 August.

The victim was riding a bicycle along the alley that runs between Hobson Park and Lyons Street when the assault took place at about 8.30pm.

In the incident the victim was the subject of racial abuse by two people and then punched wearing a cut below knee trousers which

required hospital treatment.

The two suspects are described as a white man and woman only in their thirties.

Detective Constable Lisa Pearce said: "We are keen to establish the identity of those responsible for the assault and a fine, and we ask anyone who may have witnessed it to contact us via our quoting serial: 0106 of 14/15. Alternatively, call the independent charity CrimeStoppers on 0800 555 111 or 01243 776060."

Two cars in crash on A29 at Shripney

The King of Bognor Road, Shripney, was closed after two cars collided at the junction with East Lane at 8.30pm on Friday 12 August and one of them, a Honda Civic, left the road and went into a ditch. The 40-year-old Bognor woman driving that car was freed by firefighters and taken to St Richards Hospital in Chichester with a broken arm and cuts.

The 33-year-old Bognor man driving the other car, a BMW 1190i, was unhurt.

Drivers were asked to avoid the area but the road was re-opened shortly after midnight.

on Friday

PC Jim King of the Bognor Road Police Unit at Arundel, said: "Anyone who saw what happened is asked to call us on our quoting Operation Bognor. You can also email enquiries@chichester.gov.uk or 01243 776060.

"We appreciate the patience and understanding of drivers who will have had their journey disrupted, while the casualty was rescued, the vehicle was recovered, we contacted the police, and the road was made safe by the Highways Department."

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KEITH MICHAEL WILLIAM JOE

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by BERTOLT BRECHT

In a translation by GEORGE Tabori

Revised by ALISTAIR BEATON



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New £3.5m boatyard for Premier's Chichester Marina

COMPLETING a long-term high quality boatyard, workshops, offices and chandlery, Chichester Marina's new boatyard will offer boat owners a 'one-stop' location for marine services.

Chichester Marina's new boatyard is now open and is set to challenge the boat on the South Coast. Based around the idea of providing more varied services, this unique boatyard layout offers a full range of marine services in one single location but whilst the facilities in the new yard are up to the mark, the boatyard's sensitive architecture has a traditional style that has been designed for low visual impact and will retain the gentle, vernacular character of the marina's existing buildings.

Marina Manager, Graham Matthews, said: "Chichester Marina is set in a designated area of natural beauty, so whilst our boatyard design had to be functional, it was paramount that it was sensitive to the preservation of the natural beauty of the harbour. We achieved this by working closely with the local authorities, Chichester Yacht Club and local residents."

Premer's old boatyard was built in the 1960s and supported a thriving mix of marine services alongside other uses with Premer's boatyard services, situated between the boatyard and the existing boatyard. The new boatyard aims to reduce the boatyard's footprint, a larger, more modern, and fit for purpose complex that builds upon the popularity of the old

boatyard. At the heart of the new boatyard is a modern boatyard with dedicated rigging and maintenance yards that focus on modern boat storage area for for working with temperature sensitive technology. The boatyard accommodates boats up to 30ft and will attract Premer boat builders, vintage yachtsmen and tenants who will appreciate working undercover, particularly in the winter. The new boatyard, across buildings wrap-aroundly extend the boatyard and house a range of retail space and small-scale workshops that provide facilities for a full range of complementary marine services. The external arrangements in the buildings are also designed for maximum flexibility.



In spite of the current economic climate, tenants have been keen to move into the new boatyard complex with just two weeks remaining. Besides the relocation of existing tenants to the new boatyard, boat sales companies such as Ananda International Boat Sales and clothing companies like The

Marine Super Store and Coastal and Outdoor Living have also been attracted to the site. Other facilities on the complex will include The Boat House Cafe.

To find out more about the boatyard visit Chichester Marina on 01243 54995 or visit www.premersmarina.com

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Communities across West Sussex to benefit from County Council grants

Voluntary and Community Sector Organisations across West Sussex have received awards of nearly £300,000.

The work as part of the West Sussex County Council Public Health Prevention and Promoting Grants Programme, which funds community, community-based structures for initiatives designed to enable people to get out and about, make friends and see others.

This year awards ranging from under £10,000 to more than £100,000 have been given to a variety of charities or organisations based around the county.

They will be used for a number of different projects that will help to tackle social isolation – particular among older residents. These include tea and chat groups, clubs and fitness and leisure activities.

A new social group designed to help older men in the community get together, enabling them to share their interests, will also benefit from funding.

The grants were funded by the County Council Council, with a budget allocation based upon the population of ability in the area.

Christine Field, West Sussex County Council Cabinet Member for Community Wellbeing, said: "I'm delighted to see how good awards will be able to benefit from this funding."

Classic turnout at show

DISPENSING the winning of last season, 40 classic vehicles attended the third Classic Car Show at the West Sussex Show as part of Selby Park.

As a small town, the public were transported back in time, remembering times when they too owned one of the many classic cars on display.

Participation was a prize at the beach at a Devon Group, owned by the Piggott who was first prize in Class B. Maybe one of an early family car, such as the D Smith's 1931 Morris Eight, winner of Class A.

Whereas I have liked to go on the back of the moving wheel of the motorcade down, Lucas's 1931 Morris Eight built in 1931 was the 1931 Morris Eight.

The owner that year supported the work of St Michael's Hospital, and almost 100 years on for them on the day. The St Michael's Hospital, was won by Mr Gibbs who, in his 1931 Morris Eight, was the 1931 Morris Eight.

The Morris Eight that was the 1931 Morris Eight.



The Morris Eight that was the 1931 Morris Eight, awarded the 1931 Morris Eight.

was the 1931 Morris Eight, awarded the 1931 Morris Eight.

was the 1931 Morris Eight, awarded the 1931 Morris Eight.

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Date: Thursday 26 September

Time: 6-8pm

Place: Nuffield Health Chichester Hospital,
7B Broyle Road, Chichester,
West Sussex, PO19 6WB

To book onto one of the free events or for more information please call **01243 888539**
or visit **www.coastalcosmeticsurgery.co.uk**

Council officers make sure that the show goes on

COUNCIL officers took time from busy times and Jonathan from holiday – when they had to simply switch in for the Chichester International Film Festival.

The film was not classified by the British Board of Film Classification (BBFC), and so the New Park Cinema Chairman turned to their local Licensing Officers at Chichester District Council for help.

At the moment, any film shown that is not classified by the British Board of Film Classification, must be classified by the local licensing authority. However, the Government is currently looking to relax the rules around this in the near future.

'People wouldn't normally associate the classification of films with the work of the council, although there are times our regular activities, it does show the breadth of services we offer to our community on a daily basis', says Councillor John Gower, Cabinet Member for the Environment at Chichester District Council.

'At the moment, an absolute must in New Park is to turn jobs around when films aren't classified – otherwise they would virtually be unable to show them. These are particularly important because people need to be aware of the rating when they are considering whether to take their children along with them.



Jonathan (left) and Councillor John Gower (right) are seen in a meeting discussing the film festival.

'We wanted to help the Film Festival so that it could continue to show a variety of films that people may otherwise be unable to see.'

John Francisco, General Manager of the Chichester International Film Festival at New Park, says: 'Thanking our International Film Festival partners for their assistance, we reached with every film (from the BBFC) and we got BBFC Certification. The Licensing team at the Chichester District Council has come to the rescue for the last two years by providing their help.'

This is the final year that the Chichester International Film Festival has been held and it finishes on Sunday 3 September. More information can be found at www.chichestercinema.org.

Adjustments and Advancements



I AM not the kind of girl that usually makes changes, I have my comfort zone and I spend 95% of my time in the middle of it. It was in the last few weeks I feel like a lot around has changed or will change, and I'm finding it, surprisingly, exciting.

For starters, on the 20th of August, I got my final GCSE results. Living with all my friends, was exciting about my results. I felt like I had the older brother spirit me, because I had spent about 4 months out of school this year, but I guess my grades were a reminder to myself of what I can do when I put my mind to it.

Strap on the academic tapes, I started at Haver College and I met a part teacher friends. As much as high school gave me, I think after 5 very long years, a change is definitely in order. And finally, being in a new environment with new people will be just as thrilling as it is daunting. The hard thing is going to be the change in college and living with my friends who have gone to a different direction to me, but luckily I have most of my friends living with me for the new chapter. I speak for the chichester house. I also recently got a job at Lush and this



Gracie Cliffe

will be my first proper job. I had to go to a recruitment company and make a CV with complete strategies which I never usually do, so that was quite fun. It really helped my confidence when you go to work about my last in front of 20 people I had just met. But I guess getting the job proves just what you can achieve when you push the boundaries just a bit more.

When I look back on the year I've had, I cannot believe how much has changed – from the better and some for the worst. But as my summer holidays draw to a close, to do the old Gracie, or at least parts of her. I don't know what the future holds, but I'm ready to start taking life even more seriously than before. Although my perspective is in saying, I shouldn't treat my symbol of poverty, who knows – my new job, college and results may only be the beginning.

Let us know what you think.

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Most famous about charity the Aldingbourne Trust is very proud to have under and in 2011 Anniversary last month. As part of the celebrations, the charity is holding a Great Charity Auction, which aims to raise funds towards the Trust's £4 Million Appeal that we launched in 2009, the aim of the appeal was to raise money to develop the facilities at the charity's main site – the Aldingbourne Country Centre, and secure the Trust so become more self-sufficient and financially independent with learning disabilities for under 25 years and over.

The Auction will take place on 20th October at the Sovereign Village Hall and the Trust has already received many 'magnificent' bids to be successful, such as a cricket bat signed by the crew / crew England team deployed in Afghanistan war, overnight stays in some exotic hotels,

holiday cottages, motor cars, tickets to shows, day cruises, fishing, trips and lots more.

However, the charity is still on the lookout for some more unique items to make the event as successful as possible – can you help?

If you are able to help by donating something, however large or small to our auction, please do get in touch with Michelle McKinley Bell at michelle@aldingbournetrust.co.uk or call 01296 350100. Try to let us know what has already been donated and is up for auction on the web. Online, please visit www.aldingbournetrust.co.uk/home_events website.

Michelle commented: "We have already had a fantastic response from local businesses and supporters and I would like to say a big thank you to everyone who has kindly donated something already. We are still on the lookout for more items to auction and I would love to hear from you if you wish to help."

For business or individual, who kindly donate something to the auction, will automatically get their name or business advertised in the auction booklet and mentioned during the evening.

By being an outstanding charity and really engaging with members and supporters, the Trust support with learning disabilities to have the same opportunities everyone else has to be independent lives.

University students' film shortlisted for Unchosen Film Competition

MEMBERS of Georgian, a film by students, staff, and professional members of the Department of Media at the University of Chichester, has been shortlisted for the Unchosen Film Competition.

Unchosen is an anti-bullying charity providing support and training for victims of bullying. The competition is aimed at students. Through film, documentaries, cartoons, and Q&A, Unchosen raises awareness about domestic violence, forced labour, child and sex trafficking, kidnapping in the UK, The Human Trafficking Short Film Competition created and professional filmmakers to make a short film based on or inspired by his new movie.

Michael Wiles, Programme Coordinator of Media Production at the University, says: "These students have to be successful with social experience. We wanted to draw attention to the issue, as we felt that this 'hidden' form of trafficking is more relevant to our region."

Undergraduate Media students worked with lecturers and industry professionals, including lead actress Tanya Sloan, to plan the entire project from concept



Georgian, the film by students, staff, and professional members of the Department of Media at the University of Chichester, has been shortlisted for the Unchosen Film Competition.

to production. "Producing 'My Name is Georgian' was a great experience for our students, one that provided them with real-life experience of all aspects of the production," comments Michael, "and, of course, they are extremely pleased to have been shortlisted."

The winners will be announced at an awards ceremony in London in October. This will be followed by a road show of screenings throughout the UK and Ireland, the details of which are listed on www.unchosen.org, along with information about the charity. Click on www.chilchaster.nhs.uk for more information about Media and Geography degrees at the University of Chichester.

Back to school stress-busters



Big Bertha Edwards (Chichester Centre Co-ordinator) and Madi Graham (Family Outreach Worker)

Suddenly the long summer holidays are over, it's almost time to go back to school. Whether you dread it or look forward to it, it's something children and parents have to prepare for.

The early morning routine of packed lunches and school uniforms is back!

The transition from summer to school is a time of day and homework after school is hard for children, whether they are 5 or 10. As parents or teachers, it's important to think about the last day of the holidays as a special time. The last day of the holidays is a special time for children and parents alike. It's a time to say goodbye to the holidays and to say hello to the new school year. It's a time to say goodbye to the holidays and to say hello to the new school year. It's a time to say goodbye to the holidays and to say hello to the new school year.



So here are some tips to help ease the start of holiday life:

- Show your children a calendar when school starts. If they are still young, tell them how many days until school starts. Sometimes we assume children know things just because we do. Children are much less formal and anxious if they know exactly what is happening.
- Collect all the school and PE kit together at least 2 days before the beginning of term, that way you won't have time to say anything you're forgetting.
- Get your children to make their school bags ready a day before, as well. If they are too little to make their own school bags, do it together. Kids always feel very important if they are helping to make things for school. It's a chance to show them how they really feel about school.
- If they have homework to do, try and make time to do it with them, while they are doing it. Even if you don't actually help them,



- show that presence, and even if it's limited, you are still there to help them.
- If your children have got to go to school before the holidays, start getting them to go to bed a bit earlier for a few nights before term begins. Even if they don't sleep they will be tired and they will gradually get used to the school routine.
- Try and keep one day right at the end of the holiday to something special, like a day of relaxation, going to the park or having something fun for dinner or watching a film together on the sofa.

Change and transition are hard for all of us, however old we are. And whether you are pleased that the long summer holidays are over or sad that they are coming to an end, making the last day of the holidays as stress-free and as much fun as possible, will help your children to move happily and happily into a new school year.

For more information or support with parenting visit Chichester Nursery School, Children and Family Centre. Or phone 01296 409999. Website www.chilchaster.nhs.uk

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Golf tournament success for Aldingbourne



NIFTY 50 INDEX follows a theme that is a charity fundraising golf tournament at Anand Park Golf Course on Friday 19th August for a charitable cause. The event will add to the past efforts and enthusiasm of golfers to do off on the off-days course to raise a further £2,400 for the Alzheimer's Trust, a local charity that supports adults with dementia. *doublets*

The Trust also received some very kind donations and help sponsorship from local companies including the great Henry Adams

LLP, Brian Ky Li and The Brookland Dental Practice

Gerin-Passy, organizer of the tournament, said: "Thanks to enterprises who joined us again this year and to warmers in our new home, which made our second golf day last week. We are also very grateful for the generous donations that warmed it."

The winners were presented with the *Abingdonians* Club Tournament trophies. The tournament was won by Ross Macdonald in the



Although we would like to thank Anahad Park Golf Club for hosting the event and to Green Power for sponsoring the day, The Trust would also like to thank all the participants for taking part and the donors of raffle prizes and money. Congratulations to all the winners and runners up.

The money raised at the Gold Day will go

towards the Tenth 24 mill in appeal, which will fund new developments at The Aldebourne Country Centre near Farnwell, which will include a Conference Centre, Shop and Cafe. This new development will allow the charity to increase its self-sufficiency and enhance its provision of high quality paid support for adults with learning disabilities – allowing them to lead independent lives and gain employment in the community. For more information about the charity visit the website: www.aldebournecharity.co.uk

WOODS
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IDEAL HOME SHOW AT CHRISTMAS EARLS COURT

15 NOVEMBER 2013

Adult & Senior Citizen \$34 & Child \$20

The Ideal Home Show Christmas is based on the same format as the London shows but with a 'Christmas twist' incorporating more gadgets, shopping and gifts in time for the busiest retail period of the year as well as featuring themed room sets offering style and advice on how to dress a home for the Christmas season. More than 400 exhibitors are expected to showcase their latest products.

Pick ups in Chichester, Rose Green,
North Basted, Bognor, Felpham,
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Park Road, Bognor Regis, West Sussex, PO21 2PX

Helping out Tom!

Cat and
Rabbit
Rescue
Centre



Good News: Yoko and Kishi have become
PLANS (1981)

[illegible]

for babies at The Rescue were: Please, if you want a cat, please adopt from us. The Rescue also has a permanent donation of Fygl for newly returned cats or older babies which includes wormers, flea and worm preventatives (treatments), microchipping and free PetPlan pet insurance for 4 weeks. As an member of younger babies to Cyrochasing a free membership voucher (to be mailed at The Centre) for when the babies in aid arrive.

Harvey, by appointment only, 8 a.m. to 5 p.m.
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Chichester Business

Southend Barns hosts Inspirations Fair

SOUTHEND BARNs, a venue like no other, is hosting its first ever wedding fair on Sunday 22nd September 2013.

The Chichester based wedding venue, which opened in May 2012, boasts beautifully landscaped gardens and converted barn buildings that have been lovingly restored to create the perfect setting for a romantic and memorable or even a big wedding reception.

With the venue being able to accommodate up to 400 guests for a seated dinner and 200 for the evening reception it has quickly become the venue of choice for local couples getting married.

The Wedding Inspirations Fair, which is being held at the contemporary rustic style venue, has been designed to inspire brides and couples who want to create a special and unique day for friends and family to remember forever.

Michelle Fleming, owner of Southend Barns, has handpicked wedding suppliers offering hair and nail, dress and accessories, across the expo. "The chosen suppliers have all been tried and tested by some of our own wedding couples here at Southend Barns, and will be on hand to answer any questions guests may have."

The important day will cover every



wedding aspect, with suppliers being spread across both the Gypsy Barn and the Tin Shed barn. The plethora of stalls will include wedding planners and photographers, wedding caterers, cake makers, event planners, musicians and stylists, to name just a few.

Remembering that the day is all about supervision, an official theme will also be explored offering guests a chance to pick up on the latest trends and offer an insight into

how they could focus their own big day.

There will also be live musical entertainment at the event from the likes of Doves Grown, The Delacourts and DJ Gary Evans Dipped. Additionally, guests can visit the Milling Parlour and watch the hair and make-up demonstrations that will be going on throughout the day.

Field in Park is a local based venue resident artists and they will be available to talk

about the dining options they offer while also serving up refreshments to their guests table.

The top of the day will, each guest will receive a free guide bag to take home, filled with useful information and ideas.

Entry is free to all guests, and doors are open to the public from 10.00am until 3.00pm. For more information please visit the Southend Barns website: www.southendbarns.co.uk





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for more details
fontwellracecourse.co.uk

www.stylisheventsfayres.com

Stylish Events

'Moment to Moment': A Exhibition of 100 Sculptures at Chichester Cathedral

MYMOMENT is about not overlooking the Dream – looking at the transience in the everyday. Simplifying your life and finding the grace in it. 'Ready Klam'

From Friday 9th September to 14th October 2013, Chichester Cathedral will be hosting an extraordinary exhibition of more than 100 sculptures by the artist Ready Klam. The exhibition will be staged in the Cathedral's North Transept and the Cathedral is open daily with free entry.

This fascinating collection of sculptures is titled 'Moment to Moment - A Momentary' and Klam describes the exhibition as 'a journey which transforms the playful depictions of the stuff of daily life – the celebration of childhood, family, relationships – into a spiritual awakening'. The 100 steel sculptures form an enormous mosaic, like a series of stills from a film strip, showing a progression from ordinary childhood to the experience of adulthood, and finally to a more spiritual self, where time is no longer bound to the material world.

The writer and critic, Glendon Peters, describes Ready Klam's work as 'pure passion'. Klam has exhibited worldwide and currently has works in the Museum of Modern Art in New York, the Victoria and Albert Museum, the Tate, and the Lincoln Museum. The 'Moment to Moment'



exhibition has previously been shown in Italy and also at St Giles Cathedral in Edinburgh, Rochester Cathedral and City Cathedral.

Klam's sculptures are made out of steel, copper and enamel. They take shape naturally from a series of quick sketches by the sculptor, followed by real sculpture made out of wax. Klam then uses a white hot flame torch through sheets of steel and forces the sculpture into shape in his London workshop. This lengthy process is fascinating to the sculptor whose artwork often explores themes of metamorphosis and transformation, he explains: 'The process of art is all about transcendence taking raw materials and with love, patience and delivery we release them with a quality beyond themselves'.

Make the most of the end of summer at Chichester Gate Leisure Parks Summer Extravaganza

LOCAL residents and visitors are invited to join in the fun at Chichester Gate Leisure Park in Chichester on Saturday 24th August for an unmissable Summer Extravaganza event!

The celebration starts at 11am and continues throughout the day with an array of live music, children's activities and family games. This event is set to be a weekend with everything needed for a perfect hot filled family day out, whether it's browsing through the stalls selling anything from jewellery to home accessories, relaxing with a meal and a glass of wine from one of the restaurants whilst listening to the music or having fun with the children on the fantastic rides and games – there will be something for all! everyone.

The Summer Extravaganza is set to be a brilliant day for Chichester locals and visitors to the area. Live music will be performed from local band Mischief as well as acoustic blues and guitarists, Paul Hughes and classical group, Autumn Roads.

Stalls will be held by Pretty Little Things selling home accessories and Little Sam's, Chichester House selling shoes, blouses,



dresses and quilts, Our Little Cottage Shop selling a variety of baby clothes, accessories and gifts and Niki's who will be selling their eco-friendly products. Family fun will include a variety of inflatable games as well as a game from Hinder where visitors can win a lot of free food and drink.

A spokesperson for Chichester Gate Leisure Park comments: 'We are looking forward to our Extravaganza event this weekend. It is set to be a great day out for all the family. The support from our visitors has been fantastic and we look forward to an exciting future at Chichester'.

For more information please visit: www.thechichesterleisureparks.co.uk or like Chichester Gate Leisure Park on Facebook.

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www.stylishevents.co.uk/lottery

WEDDING FAYRES

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PONTWILL PARK RACECOURSE Tottenham and Epsom Rd 17th Sep 2013	GARDHILL WINDHETER Wetherby 18th Oct 2013
DORFOLG GRANGE HOTEL & SPA Hempsall, South Yorkshire 19th Sep 2013	SKIT SUMMER NATIONAL GOLF HOTEL & SPA Llandudno 20th Sep 2013
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The Ship's Christmas Party Menu

(Full A La Carte menu is also available during December)

Christmas Party nights are every Thursday, Friday and Saturday
from 20th November to 21st December

Starters

Herbed vegetable and whitebean soup
Smoked salmon roulade, capaccio of beefroot and vodka creme fraiche
Clementine, feta, kalamata olive and fennel salad
Chicken and shiitake mushroom pail, butternut normolade, rustic bread

Main

Slow cooked lamb fillet, potato mousseline, softian and shallot puree
Roast turkey, pigs in blankets, roast potatoes and cranberry sauce
Oven baked brown beef and sun-bushed tomato dumplings, crushed new
potatoes and pesto dressing
Grilled halibut with lentils, cous cous and festive speed seeds

All main courses are served with cauliflower cheese
and vegetable puree

Desserts

Christmas pudding and brandy sauce
Lemon and lime tart with limoncello
Chocolate and larch mouss
Mango and pomegranate pavlova
Stilton with biscuits and port chutney

Christmas Day
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Menu available

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£25 per person for Christmas Party nights
£27.50 per person for lunch or dinner
£35 per person for private dining



Enjoy the rest of summer!

SUMMER is nearly over and I can't quite believe how quick it has gone! Try to follow these five steps to a healthier lifestyle during the final summer weeks to give your body the boost it needs to move on to autumn.

1. Give your diet a berry boost

If you do part one thing this summer to improve your diet, have a cup of mixed fresh berries — blackberries, blueberries, or raspberries — every day. They'll help you load up on antioxidants, which can help prevent damage to tissues and reduce the risk of age-related diseases. Blueberries and blackberries are especially antioxidant-rich.

2. Get dirty and strengthen

To improve your stress level, plant a small garden, cultivate a flower box, or if space is really limited, plant a few flower pots — indoors or out. Just getting your hands in soil is "grounding," and when the field like you're growing instead your feet are barely touching the soil, being mentally present on body odors played and mental stress.

3. Get outside to connect

Peak an outdoor activity — going on a hike, taking a nature walk, playing games such as tag with your kids, cycling, roller skating, or swimming — to end that longest by feeling of gym sessions. And remember, the family



Denise Kelly

that play together not only puts fit together — it's also a great way to create bonding time.

4. Be good to your eyes

Always protect your eyes when in bright sunlight. When outdoors, wear sunglasses that block at least 99% of ultraviolet A and B rays. Sunglasses can help prevent cataracts, as well as wrinkles around the eyes. And when playing sports or doing tasks such as mowing the lawn, wear protective eyewear.

5. Ask your doctor about the best type of Good Sleep Pattern

Instead pay attention to good sleep patterns by keeping the same bedtime and wake-up routine, and not drinking alcohol within three hours of bedtime. It's also a good idea to avoid naps during the day since you take them every day of the same time, for the same amount of time.

Denise Kelly is a RANT Clinician



certification of Nutritional Therapists registered Nutritionists Nutritional Therapist. She writes Nutrition Programs for a variety

of organic foods and has a private practice in Chichester, West Sussex and is the founder of K.G Fit Kafe. Tel: 01243 391644 or www.denisekelly.co.uk

Eat your berries

RASPBERRIES are low in calories, high in vitamin C, and have fiber from the antioxidant activity of the majority of other fruits, but some contain more vitamin C. Berries are low in the glycemic index and have a high fiber index. Blueberries appear to protect against age-related cognitive decline and cardiovascular disease. Blackberries are an excellent source of antioxidants. It's important to know: Cooking berries increases the antioxidant levels over fresh berries. Heat causes the breakdown of the phytochemicals, making them more available. Eat them raw or cooked, but make sure to eat them.

The strange nocturnal habits of a nation revealed

MEMBERS of an online group awake by the strange nocturnal habits of our other halves a new study has revealed.

More than half (55%) of partners been asked by our partner sleep talking, more than a quarter (26%) from laughing and one in ten from deep walking, according to the survey of 2,044 people by the market research firm Sleepwatch to mark the launch of its first online sleep clinic last week.

Overnights at any time partner has tried to kiss them whilst dreaming, while a smaller number have witnessed their other half nod the bridge and others have even watched their partner go into a public restroom whilst asleep.

It's not just our other halves keeping us awake at night. More women (58%), than men (55%), say they've been woken up by their partner's snoring. Almost one in ten men (10%) have been woken by their partner's snoring.

It's probably no surprise, therefore, that many sleep talkers, along with some snorers, place a snore machine under their pillow. A snore machine will play a sound that is the opposite of the snore, so when the snore starts, the machine will play a sound that is the opposite of the snore, so when the snore starts, the machine will play a sound that is the opposite of the snore.

Working with research sleep expert, Dr. Hana, Sleepwatch is working for two people with every sleep story to take part in a free week Sleep Clinic.

Each participant will receive a personalized sleep plan from Dr. Hana, a Sleepwatch bed tailored to their specific sleep story, and be asked to feedback their experience via weekly



video diaries based on the Sleepwatch website. All of the information and sleep plans will also be available for people to follow up at home.

Other findings include:

- Over three quarters (76%) of us admit to experiencing general sleep issues, including:
 - Snoring (54%)
 - Excessive sweating (44%)
 - Sleep talking (36%)
 - Lack of sleep leads to us experiencing:
 - Increased concentration levels (54%)

- Lost health (40%)
- Increased symptoms in the home (33%)
- Almost seven out of ten (67%) of people have checked their partners to help them get a better night's sleep.

Dr. Hana Kamilova, Sleepwatch's sleep expert and a sleep therapist at Copps Hospital in London, said: "What the study revealed was that so many people believe sleep is a luxury that only a few can afford. But it's not. Sleep is a necessity for everyone. And it's not just about getting a good night's sleep. It's about getting a good night's sleep every day."

Day to Day Sleep

This is why I have joined forces with Sleepwatch to launch the first online Sleep Clinic. I will be providing personalized sleep plans for two weeks with free support and advice. The Sleep Clinic is aimed at supporting people across the UK that a few simple techniques can help the nation get a great night's sleep every night.

For more information and to take part in the Sleepwatch Sleep Clinic visit www.sleepwatch.co.uk/sleep-clinic/

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The 'cut off point' - womens' hairstyles must 'mature' at 46

THE AGE of 46 has been revealed as the 'cut off point' for a woman's hair – and a revelation also as no longer keep her beloved younger style. Experts found women close to 50 there as much as the time when most women are forced to look in the mirror and make the difficult decision of a changing style for less than 10 years.

As a result many have long flowing locks in favour of shorter, more cultured styles, which are deemed a bit more in keeping with their advancing years.

The study also found that to be the age when middle class respectability, heavily touched hair, extensions and ponytails are considered so out.

A spokeswoman for Statens Epidemiologi, which commissioned the study among 1,000 women over 40, said:

"Our study is the only report of this age group in the UK, and the results are very interesting. It shows that women are becoming more aware of their appearance and are looking for ways to keep their hair looking young."

Whether you want to embrace the grey or cover it up, it's the condition of hair that will make the difference between grace and glam.

But it appears that as well as the condition of our hair, women are conscious of the style they have as they get older.

"Forty-six is a watershed year for many women and we see an increase of not getting stuck in a style out as we age."

Many women find they need to adapt their hair as they get older as the style that suited us in our twenties may not necessarily work in our thirties, not only that but trends change with hair just as they do with style up and down.

"Lots of women seem to think that you should ditch the long locks and have dye as you get older, but the main thing in your hair is neatness and healthy looking, the rest is down to personal taste."

The poll also found that once a female reaches her forties her hair looks vibrant and shiny, and a third said they are fighting a losing battle with the grey, which often begins at 46.

Outdated of women and they decided having a hairstyle that others deemed old fashioned, or that of an elderly lady.

But the results showed most women didn't desire the perfect hair as most they got to the age of 46.

One out of five of those over 40 said new chemical hair has an 'unusual or damaged' and a quarter said it was completely flat.



Nearly half of women polled confessed to spending more on their hair as they age.

One third of said they think grey hair adds a woman more than lines and wrinkles, which are in the world rather than their skin.

Only one of those polled said their hair was healthy, with split ends, dull hair and missing off hair on the left of the head.

Nearly a fifth said their hair was just as they got it and a quarter of women of colouring and styling.

But only one of was down to going grey. Perhaps not surprisingly, women over

40 said their hair was in the best condition when they were in their twenties.

And the poll also found women are only really happy with the way their hair looks for three days a week.

Interestingly the study also found that of the women who said they like the typical modern hairstyle regretted just two.

Many of the women polled said they said they wished on TV hair came with built-in styling to have cut their own hair.

Shedding hair with loose part and washing hair with beer were also listed as of home hair treatments.

Horoscopes



Aries

Some people are thick-skinned, you Aries can sometimes be a little thin-skinned. This could be a week where

misunderstanding may arise. Just make sure you are in the right to get your fight on and enjoy the week. There are lots of things ahead.



Taurus

You are on a roll, but watch money. This week the planets point favourably towards career opportunities.

Get everything you want? Don't answer to me, as long as you get the job after before you head in your notice!



Gemini

Take advice by all means, but where important decisions have to be made don't get bogged down by too much external analysis. This is a time when you may need to follow your instinct. Rely on your better values and you won't go wrong.



Horoscopes from Kim 30th August - 5th September

Cancer

You need to try to be a little more flexible this week. There could be a new job opportunity opening up, but only if you are not closed to the idea of changing career path. Alternatively there could be the chance of a new romance if you just gave that person a chance.



Leo

You will be working closely with a colleague this week, he or she may turn out to be a more important figure in your life than you at first anticipate, particularly if you are young, new and single. If you are not single then you may have found a good friend either way your working

relationships are well focused.



Virgo

I know you do not want to ask for help but you need it this week. A steady hand or a job on the back from someone knows you may be all it takes. No more, or worse, to an extent, so let your friends in. They want to help but sometimes are worried they may be seen as interfering.



Libra

Your financial situation could be making it hard for the better this week. I know it may have been a long time coming. This is only just the start of a new phase in your life. Continue to be cautious but optimistic and it will be well soon.



Scorpio

Call out, certainly you need to do this. Take time out from your work schedule and spend it with family and friends. You need them as much as they need you this week. It will be time well spent as they will provide the emotional maintenance you need to go forward.



Sagittarius

Push for the claim, it will stand but try this is what you should be doing if you want to achieve success. Time for you to get these plans you have had on hold for some time into action.



Capricorn

You need to think about changing your accountant, your bank, your advisors or just spending that extra bit of time on the bank. You need to take charge. There are only three things will things start to get better.



Aquarius

There are changes coming your way and these could be big changes. Be open to new opportunities whether it work or play. You should be meeting new people this week. Remember that he or she may not appear to be your type but the odds they could turn out to be the one of your life.



Pisces

You are extremely lucky person this week and I don't mean on the lottery winning scale. But you need to listen to those whose friendship you value most. Do this and you will be saved from making a really big mistake.

Home & Garden

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Savings most popular way to fund home improvements

IN ACHIEVING the housing market, homeowners might be expected to improve their homes in their own time. But new research from AA Finance's Savings shows that many are being so careful with their money that they may make any home improvements until they have enough savings to fund the project.

The research highlights that savings are by far the most popular way to pay for home improvements.

The AA Finance's Savings findings show that out of ten planning some changes to their home, the most popular way to fund them, which is why it's the most popular. This is followed by a new loan (20%), credit improvements (10%) and a new mortgage (5%).

Using savings is by far the most popular way of funding a project (40%), with money from a bank account a distant second (10%). The third most popular choice is to use a credit card, which just 1% say they'll do.

Mark Higgins, director of AA Finance's Savings said: "Although times are tough,

there are still people who want to do up their home, and of course, making some home improvements is cheaper than moving.

"Although the improvements people are looking to make are considerably cheaper when compared to moving, you can never start saving too soon. Hopefully when you're ready to make some larger changes, or move, you'll have enough put away to do so.

"Even though consumers are willing to use their savings to pay for home improvements it's still a good idea to have some money set aside just in case."

Mr Higgins added: "People seem to be more keen to pay with savings, which is likely because they're being cautious. If you're careful with your finances and take the time to look around you may find that there are other options available which fit your needs."

The AA offers a range of financial products including credit cards and savings accounts. The Direct Saver Classic and savings account is currently offering up to 4.5% gross AER, variable.





READER OFFER

FIDDLER ON THE ROOF
MAYFLOWER THEATRE
12 SEPTEMBER 2013
£50 per person

This new production is directed and choreographed by Craig Reed Howard and features... [text continues]

Starring Paul Michael Glasser as Tonye Toney, the local milkman in the village of Annetville, has always stuck by his traditions but suddenly his head strong daughters decide that they want to marry for love rather than accept wealth. What, the Milkman's son, comes up with.

Matinee performance with seats in the stalls.

There is a lunch option available for this production.

Pick up in Chichester, Bosc Green, H. Berrist, Bognor, Felpham, Littlehampton & Havington.

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READER OFFER

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Take extra care on rural roads during harvest season

THE SAFER ROADS Partnership are warning motorists of the dangers that may be present at this time of year as harvests are using the roads more when harvesting and moving their produce.

Agriculture is one of the country's key industries and this time of the year is very busy as the farming calendar with many crops requiring harvest and transportation, often within a short window of opportunity in order to ensure consumers can enjoy the produce in prime condition. However, this time of year is traditionally seen as a time of road closures, many of which are preventable.

A significant proportion of the refuse arising from agricultural vehicles occur on rural roads with simple speed limits, and may even turn up into farms. The typical causes of the refuse are poor overtaking manoeuvres and inappropriate speed, with drivers finding themselves unable to stop in time when presented with a slow moving or wide vehicle.

A further hazard caused by road and debris being brought onto the road by tractors and other vehicles that have been working in the fields. Under the Highway Act (1980), farmers and contractors have a legal obligation to ensure their vehicles are cleared of any mud or debris before

entering the public highway. Excess mud on the road is a danger to cars, motorbikes and cyclists and can damage the way a vehicle handles, causing skidding, especially in wet conditions.

Chief Inspector Steve Owen, Policing Operations, Hants and West of Wessex Police said: "Every year we face problems with agricultural vehicles causing large amounts of mud and debris on the roads during the harvest season. While the majority of farmers take steps to ensure they keep the roads clear and safe, not all are as diligent.

"We would like to remind farmers and contractors of their responsibilities under the Highway Act. We have already taken action against offenders who haven't complied with the legislation and will continue to take a tough stance against anyone who we believe is being reckless and irresponsible."

Alan Higgins, Communications Manager at the Silver Borealis Partnership, said: "It is apparent that during this time of year farmers have to increasingly use the public roads to transport their crops and that this will affect local traffic at times. Although many drivers of agricultural vehicles use the roads in a responsible way, we are reminding them to be aware of the impact they can have and consider other road users



while they undertake their work. During busy traffic periods, pull into a lay-by or safe place to allow other vehicles to pass safely, to avoid traffic build up and prevent unsafe overtaking manoeuvres.

"We would also like to remind general motorists that other cars and pedestrians should

be taken during this harvest season when there is a necessity for more agricultural vehicles to be on the roads. While it can be frustrating travelling behind an agricultural vehicle it's not worth getting impatient and putting yourself and other road users at risk with dangerous manoeuvres."

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Straight from the commentary box

Transfer Deadline Day



Johnny
Cantor

AS AUGUST melts down it can mean only one thing: The schools go back, the traffic will be rabid, and the temperature will drop and your kids will ask you what was done for Christmas.

However, when it comes to football, we have that joy of 1996 Transfer Deadline Day. This year it is Monday September 2nd. Of course it didn't really start until Sky Sports purchased the 'lower' that is TUD—Jim Whiggam: everyone into a frenzy. Andy "gghhh" Burton in the background, readers reporters mobbed by kids outside twinning grounds where they didn't have to. It was an excitement of

man who helped defeat the demon, Harry Redknapp, spending part of his evening talking to reporters through the car window. BT Sport has even adopted a car door to interview Redknapp as a programme of its own.

This year's window has undoubtedly been dominated by the Farinas of Kyle, Rooney and Suarez, but what on Alton fans expect this year? Tebo himself, I wouldn't be expecting too much. Alton have promoted some current boy of years from Luton, Ipswich and Norwich. However, *Keanu Reeves* has added quality to the midfield. I've seen them at more to come from Keith Andrews and Stephen N'Zogbe and would like to look back. With the emergence of younger players such as Billy Marshall and John Forster, Galois, coupled with the local media's willingness to play them, I wouldn't imagine the club will see too many more, and... *Minors*.

Other Chairpersonship of the non-still busy with Africa's roads APC Boardmember spending over 10m on a stadium this week. Another stadium owner, would be asked for



the Bengals but with international breaks in September and October his return may come just in time to give valuable assistance to the prolific Leo Uke. More season-long loans might be the most likely outcome as Financial Fair Play rulings kick into play budgets as well as off-the-field activities.

equipped going into the festive months as long as more injuries don't kick in. The kids will have homework, the traffic jams will grow and 2 p.m. I will have to leave my man over for Christmas Day but I will also probably be tuned in to the breaking news on Monday night. Apparently E-to-energy is still mixed.

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Selsey take bragging rights

Tuesday 10 August
Worcester County Football League Division 1
Selsey 4-0 City
by Chester Knowles

SELSEY collected their first league win of the season, with a 4-0 success over City.

In an entertaining contest, there were numerous chances during the first-half but the home remained goalless. City's Marquis Porry had a shot cleared off the line by Jack Bingham on 15 minutes, and 25 minutes later Joe Gosssett had plenty of time to place the ball past the stricken Sam Joyce but his shot was blocked.

Gosssett was then fouled by Tom Broadbent who came to the rescue with the Selsey keeper behind.

Selsey had three shares of chances too, with Rob Wimbles' speculative punt going down 30 yards and a drive shot by Ross Wood being Anthony Jones to pass the ball to someone before the interval.

Porry settled down in the second half, but on 55 minutes a formidable backpass placed the ball straight on the path of Wimbles and the Selsey striker made no mistake with the gift opportunity.

Chickster responded well, and as the first name Porry took down the left and asked to the equaliser.

But with 4 minutes remaining, City conceded a free-kick on the left which led to the winning goal. Wimbles' delivery into a crowded area took a couple of deflections, with Wimbles clearing the goal although Chickster's Luke Kellner appeared to be the last player to make contact with the ball.

Afterwards, visiting Sam Adams Handsworth said: "We're really lucky tonight to win and it was a hard-fought match. I thought this game was heading for a draw, but it was one of those matches where a single mistake would decide it."

With Chickster still searching for their opening victory of the season, guest loan Sam Porry was disappointed not to get



anything out of it. "He made a couple of mistakes and was punished for them," he said. "I don't know what today but perhaps a draw would have been a fair result after all the chances we had."

Selsey: Joyce, Hagger, Bingham, Haggerty, Williamson, Broadbent,

Wood, Wood, Wimbles, Baguel, Goodenland, Bels, Parsons, Richards.

City: Ender, F Smith, Spencer, Heath, Hildbert, Case, Gosssett, Kellner, Gosssett, Handsworth, Porry, Bels, Potter, Menners.

Football

City down Shots

FRIENDLY
Chickster City Ladies 4 - 1 Aldenham
Tuesday

CHICKSTER CITY LADIES beat Aldenham Town under lights on Tuesday with a friendly which involved a total score of 4 goals, the reserve and first teams, for players who needed a bit more patch time before the start of the season.

They were started brightly and Chickster were on the front foot from the off with the pace of Chickster's Stroud up top causing problems for the Aldenham defence. Chickster were doing well to try and keep the ball and passing it around well, maintaining their play on the wing as a regular theme.

Jade Williams, in the centre of midfield, started to control the passing and it didn't take long before Stroud was put through on goal and finished well into the bottom corner with her left foot to give her first goal in green and white.

Aldenham had some good players who could pass the ball well and their forward was working hard to compete with Chickster's defence. A long range effort was saved by Lauren Eastman in the

Chickster goal and the resulting corner was eventually cleared. Aldenham was showing signs of a goal, and one second team but a long range effort that went at off they from Williams made it 1-0, and Chickster were finally comfortable in the half time.

After the break Chickster made some changes to their line-up and were slightly slower off the mark and Aldenham took advantage to score on the break with a great finish from non-playing Hannah McHanna (who had taken over in goal) to chance and make it 2-0.

It took a little while for Chickster's passing to get going again but the introduction of Kelly Barker all but ended the game when she volleyed into the roof of the net after some great work from Gail Taylor and Stroud down Chickster's right wing on 30. Five minutes later Barker broke take the lead and was brought down for a penalty that was superbly taken by Stroud. For her second of the game and Chickster's fourth.

All players worked hard and well for each other and it was good to see that the football philosophy of third-half play through both teams.



City Ladies 4-1 Aldenham Town on Tuesday

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